

IN THE ABSTRACT:

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A refrigerating and air-conditioning system is ~~provided to comprise~~ includes a refrigerating machine connected to a showcase by a first refrigerant flow passage to ~~form a refrigerating apparatus~~, an air-conditioning apparatus for connection of an indoor equipment and an outdoor equipment by means of a second refrigerant flow passage, which forms a different refrigerant circuit from a refrigerant circuit formed by the first refrigerant flow passage, and a centralized control unit for controlling ~~actions of the~~ refrigerating machine and the air-conditioning apparatus, the centralized control unit ~~being~~ configured to reduce a cooling operation set temperature in the air-conditioning apparatus relative to a fixed value according to a load on the showcase. ~~With such constitution, when~~ When a load on the showcase increases, an indoor temperature is reduced by the air-conditioning apparatus, ~~which is relatively high in operating efficiency and small in energy consumption~~, so that a load on the showcase is reduced, reduction in operating efficiency of the refrigerating machine is suppressed, and an improvement in energy saving quality is achieved.